PLANT FACT SHEET

Solidago spathulata DC.

GENUS *Solidago* **FAMILY** Asteraceae

COMMON NAMES Coast goldenrod

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Flowers

The flowers are steeped for a drink or added to herbal teas. They are also used for pancakes and fritters.

DESCRIPTION

A herb.

HABITAT

It is a temperate plant.

NOTES

There are about 100 Solidago species.

REFERENCES

Lim, T. K., Edible Medicinal and Non-Medicinal Plants Volume 7 Flowers

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0a253fe9-95da-4d0e-9c57-4b1e58dfa0b2